

NEW BEDFORD'S Senior Scope

FREE

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Vol. 30, No. 10

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May 2014

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Elder Affairs Secretary Pays Tribute to Coastline's Foster Grandparents

Mass. Elder Affairs Secretary Ann Hartstein met with about 60 members of the Foster Grandparent program at Coastline in New Bedford on Friday, April 11, in celebration of National Volunteer Month. Secretary Hartstein thanked the foster grandparents for their outstanding work with children in the community.

"The Foster Grandparent Program provides children with skilled, nurturing mentors and meets important community needs," said Hartstein. "Every time you work with a child, you are improving their ability to compete in the world. If you were not doing this, the world would be a different place."

The foster grandparents expressed their gratitude for being part of the program. Many spoke of the mutual benefits for both the student and grandparent. While the student has a loving person to look up to, the grandparent enjoys a sense of purpose. "They need us, but we need them just as well," said one foster grandmother.

The Foster Grandparent Program is sponsored by the Corporation for National and Community Services, and is hosted locally by Coastline. The program places seniors within classrooms, day cares, and other youth-based organizations to mentor and assist children throughout the community. Foster Grandparents receive a stipend for their time and commitment, while benefiting from the impact they make in each child's life on a daily basis.

The Foster Grandparent volunteers help students, under the supervision of the teacher, achieve improvement in school readiness, reading and math skills, behavior and attitude. These volunteers, who are between 55 and 94 years old, donate over 60,000 hours each year saving their community \$1,660,941 to make a difference in the life of a child, said program director Christine Voss.

Secretary Hartstein also discussed the work of her office, including expansion of home and community based services and reducing the impact of ageism. She reminded



Mass. Secretary of Elder Affairs Ann Hartstein talks with Foster Grandparents Doris Carmo, a volunteer at A. Gomes School, and Kenneth Langston, a volunteer at Sgt Carney Academy, during her visit to Coastline in April.

the audience to contact their legislators during the current budget process to let them know what elders think.

"They can't read your minds. We elect them, they ask for our vote, now is the time to ask for what you need," Hartstein said. "You can impact what happens. Don't underestimate your ability to do that."

Anyone interested in becoming a Foster Grandparent should contact Christine Voss at 508-999-6400 ext. 198 or email her at cvoss@coastlinenb.org.

Mayor Joins Effort to Recognize Impact of National Service

Mayor Jon Mitchell joined more than 1,502 mayors across the country on Thursday, April 3, for the second annual Mayors Day of Recognition for National Service. The nationwide effort draws attention to the work of Foster Grandparents in their local communities.

Mayor Mitchell visited a Head Start classroom on Madison Street where he met some of the older adult volunteers who participate in the Foster Grandparent Program through Coastline. More than 58 Foster Grandparent volunteers serve in New Bedford and surrounding communities providing vital support to at risk children in preschool, elementary, after school programs and special needs facilities.

Mayor Mitchell said he wanted to highlight the great work of the Foster Grandparents and the Head Start program. "A lot of good things are going on here," said the Mayor. "The children are fully engaged and young minds are being formed."



Mayor Jon Mitchell chats with children in the Head Start program, where he recognized Foster Grandparent volunteers. At left is "Grandma" Diane Fisher and Foster Grandparent Program Director Christine Voss, center.

Editor’s Notes

“M” Is for Mother

May is always a busy month. It’s a month of holidays and observances, and a popular time for First Communions, graduations and other family celebrations.

In addition to remembering those who defended our country on Armed Forces Day and Memorial Day, on the second Sunday of May we honor our mothers and grandmothers on Mother’s Day.

Many of us are mothers and grandmothers ourselves, and no longer have our mothers with us, but we remember them with gratitude. No one has a greater impact on our lives than our mothers.

Often in our journey we are supported by aunts, cousins and older friends who are like second mothers to us. They deserve our appreciation as well.

All the basic skills we need to get through the day we learned from our mothers. As my daughter was growing up, she often told me I was a perfectionist if I didn’t like the way she made her bed.

I would reply that I wasn’t a perfectionist, I just had high standards. Those high standards came from my own mother, and they stayed with me through life.

Mothers are nurses, teachers and confidantes. They inspire us to achieve and comfort us when we fail. It’s an awesome job and it offers no monetary reward.

A wise gentleman told me this week, “I don’t think about money. My treasure is my family.” What a rich treasure indeed.

At this point in life, most of us have learned that it’s not money that brings happiness. Our mothers told us that and they were right.

A certain amount of money is needed to provide for basic comforts, but it’s the love, kindness and support of family and friends that bring true happiness – not material goods.

A new study by Baylor University researchers finds that people who are materialistic are more likely to be depressed and unsatisfied, in part because they find it harder to be grateful for what they do have.

“Gratitude is a positive mood. It’s about other people,” said lead author Jo-Ann Tsang, Ph.D. “Previous research that we and others have done finds that people are motivated to help people that help them — and to help others as well. We’re social creatures, and so focusing on others in a positive way is good for our health.”

The importance of doing for others was certainly a lesson my sisters and I learned from Mom. Whether it was a holiday meal or a weeknight supper, there was always room at our table for family and friends, especially those who were alone.

Several unmarried elderly women lived in our apartment house. When they were no longer able to care for themselves, Mom helped them to move into the Sacred Heart Home. But Mom’s support didn’t end there, she continued to visit these ladies at the Home.

In this hectic, fast-paced world where “Tweets” and email have replaced conversation, sometimes we forget to reach out to those around us who may be yearning for a call or invitation.

As May winds to a close and we celebrate Memorial Day on the 26th this year, let’s be grateful for what we learned from our mothers. And let’s say a special prayer for our mothers and all the women who were mothers to us over the years.

Jeannine

Look for Us in July

SeniorScope does not publish a June edition. Our next issue will be out Tuesday, July 1. Thank you to all our readers and advertisers for your continued support.

We Want to Hear from You

Thanks to everyone who took the time to call, email, or write in the last few months. We appreciate your interest and support, and we want to continue hearing from you.

This is your publication and your input is needed. Perhaps you have a suggestion you would like to offer. Maybe you have something you would like to contribute – a picture,

a story, or a memory you would like to share. Whatever it is, we want to hear from you.

Please write to SeniorScope, 181 Hillman Street, New Bedford, MA 02740. You can also email your comments to jeannine.wilson@newbedford-ma.gov. Or you can call 508-979-1510 or 508-979-1544.

Seniors Seeking Seniors

As we journey through life, our paths take a number of different twists and turns for one reason or another. We may have ventured past the boulevard of parenthood without so much as a pit stop, or we may have settled there for quite some time and laid some real roots. We might have journeyed along a career path that took us to places that are oftentimes too numerous to recall. We also might have made our profession as homemakers, caring for our families, extended families and aging elders.

Wherever life has taken us, we have all landed in much the same place now, some 50+ years later. Our children are more than likely all grown up with families and responsibilities of their own, our aging parents perhaps by this stage



in our lives have gone on to their great reward, and we are left still very vibrant contributing members of society searching for friendship among folks who have also shared in this experience that we call life.

We all have so much to give but oftentimes have no one to share that with. Does this describe your life? Are you searching for someone that you can share common experiences with? Would you like

Seniors Seeking Seniors ... continued on page 3

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In loving memory of Joseph P. Stefanik - Wife Amanda and family	\$15.00
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In appreciation of SeniorScope - Eleanor M. Andrews	\$25.00
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Thank you Saint Jude - V.B.N.	\$10.00
Thank you Saint Jude and St. Anthony - Anonymous	\$10.00
Thank you Saint Jude, St. Anthony and Jesus for prayers answered - Anonymous	\$10.00
Thank you Saint Jude and Sacred Heart of Jesus for prayers answered - Anonymous	\$10.00
Donations This Month	\$175.00
Donations Last Month	\$125.00
Total Fiscal Year '14	\$1173.00

Senior Scope

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You and Your Money

Older Americans Benefit from *My Social Security*

By Delia De Mello
Social Security

Each May, groups and organizations around the nation join in celebrating Older Americans Month. Established in 1963, Older Americans Month provides an opportunity for our nation to recognize seniors for their many contributions and share important information to help them stay healthy and active.

This year's theme is "Safe Today, Healthy Tomorrow." Social Security has something to help keep you safe and healthy: a suite of online services. Rather than driving or taking public transportation to a local office, you can use our secure, free online services to handle much of your Social Security business. With the amount of time you save, you'll have more time to spend with the grandkids or have time for a brisk walk around the neighborhood or local park.

Before going for that walk, though, visit www.socialsecurity.gov. Whether you already receive benefits or you're just starting to think about retirement, it's a great time to open a *my Social Security* account.

What's *my Social Security*? It's a secure online account that allows you immediate access to your personal Social Security information. During your working years, you can use *my Social Security* to view your *Social Security Statement* to check your earnings record and see estimates of the future retirement, disability and survivor benefits you and your family may receive. Check it out at www.socialsecurity.gov/myaccount.

Social Security to Stop Collecting Relatives' Old Debts by Intercepting Tax Refunds

In the wake of revelations about its efforts to collect on old debts, Acting Social Security Administration Commissioner Carolyn Colvin announced that the agency will stop attempts to collect taxpayer debts dating back more than 10 years. *The Washington Post* revealed that thousands of taxpayers expecting refund checks had received letters informing them that the Treasury Department had intercepted their refunds in order to cover debts that many of them never knew existed.

The debts, often incurred by parents, were the result of Social Security benefit over-payments, sometimes dating back decades. This debt collection effort was the

After you check your online *Social Security Statement*, be sure to visit our *Retirement Estimator*. Like a *my Social Security* account, you can use it as many times as you'd like. The *Estimator* lets you change variables, such as retirement date options and future earnings. You may discover that you'd rather wait another year or two before you retire to earn a higher benefit. To get instant, personalized estimates of your future benefits just go to www.socialsecurity.gov/estimator.

Deciding when to retire is a personal choice and depends on a number of factors. To help, we suggest you read our online fact sheet, *When To Start Receiving Retirement Benefits*, available at www.socialsecurity.gov/pubs.

If you're ready to retire, the online service you've been waiting for is our online application for retirement benefits, which allows you to complete and submit your application in as little as 15 minutes at www.socialsecurity.gov/retireonline. Once you complete and submit the electronic application, in most cases, that's it—no papers to sign or documents to provide.

Are you already receiving benefits? You can use *my Social Security* to immediately get your proof of benefits letter, change your address or phone number on our records, start or change your direct deposit information and check your benefit and payment information.

We encourage you to take advantage of our online services and resources, freeing up more time for activities you really enjoy. Learn more at www.socialsecurity.gov.

result of a provision placed into the farm bill three years ago.

The decision to suspend collection came after hundreds of taxpayers, whose refund checks had been intercepted, contacted members of Congress complaining that they had been given no notice of the debt and no explanation about why they were responsible for the debts of their deceased parents.

"It doesn't make sense for the Social Security Administration to confiscate taxpayers' refunds to cover old debts created by their relatives," said Barbara J. Easterling, President of the Alliance for Retired Americans.

State Tax Lien Notices not Issued by Department of Revenue

The Mass. Dept. of Revenue (DOR) is warning residents that communications are being sent to taxpayers with outstanding tax liens from individuals who may have criminal intent. Although these notices show amounts from actual tax liens, they are not from the Mass. Dept. of Revenue.

Any notice from the Mass. Dept. of Revenue would be clearly marked as being issued by the agency and would not suggest a settlement amount, as many of these questionable notices do. Taxpay-

ers have alerted DOR, the Attorney General's Office and the Office of Consumer Affairs about the issue. The liens mentioned in the letters are real, but the letters are not from the Department of Revenue or any other government agency.

Samples of some of the notices received from taxpayers have been posted on the agency's website. Anyone who receives a similar notice should call DOR at 617-887-6367 and learn the facts about what is owed and the options for resolving the situation.

Lottery Scam with Fraudulent Checks

Acorn Stairlifts, Inc. has issued a warning about a lottery scam targeting consumers, particularly the elderly, throughout the United States.

Victims of the scam report receiving a letter that claims they have won a large cash prize from the Consumer's And Merchandise Reward Program of New York City. The letter is accompanied by a fraudulent check in the name of Acorn Stairlifts, Inc., to cover lottery fees and taxes. To collect their winnings, victims are instructed to deposit or cash the check, and then either mail or electronically transmit the equivalent amount of money to an address in New York City. In some cases, victims have reported receiving multiple letters and checks, as well as telephone solicitations from

individuals claiming to represent the Consumer's and Merchandise Reward Program.

Acorn Stairlifts, Inc., has no connection to the Free Lottery Consumer's and Merchandise Reward Program, and is in no way involved with any promotion resembling this scam. In addition to alerting consumers, the company has notified law enforcement agencies in an effort to identify the perpetrators as quickly as possible.

Individuals who receive the fraudulent notice or have information about the scam should contact their local FBI office for referral to the White Collar Crime squad. Impacted consumers may also call Acorn Stairlifts, Inc. directly at 407-650-0216, ext. 1620.

Insurers Benefit More than Seniors from Additional Medicare Reimbursements

The National Bureau of Economic Research (NBER) has released a paper looking at the Medicare Advantage (MA) program. Through the MA program, the federal government contracts with private insurers to coordinate and finance health care for more than 15 million Medicare recipients.

NBER found that additional payments to Medicare providers lead more private firms to enter the market and to an increase in the number of Medicare recipients

enrolled in MA plans. The findings revealed that only about one-fifth of the additional reimbursement is passed through to consumers in the form of better coverage. A somewhat larger share goes to private insurers in the form of higher profits.

There was also evidence suggesting a large impact on advertising expenditures. The results have implications for a key feature of the Affordable Care Act that will reduce reimbursement to MA plans by \$156 billion from 2013 to 2022.

Seniors Seeking Seniors ... continued on page 3

to channel your energies and caring nature to a great support group?

If you answered yes to any of these questions, then you are who this group is looking for. Please give me a call at the Council on

Aging at 508-991-6250, so together we can enhance the next leg of your journey.

Debra Lee

Director of the Council on Aging



Michelle D. Beneski, Esq.



Daniel M. Surprenant, Esq.



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Menu for May 2014

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Tuesday is Voluntary Donation Day,
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Tossed Salad Beef Stew Boiled Potatoes Whole Wheat Roll Peaches	2 Potato Pollock Tartar Sauce Hash Browns Tuscany Blend Veggies Whole Wheat Bread Banana
5 BBQ Riblet Macaroni & Cheese Tomato Florentine Fruit Muffin Pears	6 Grilled Chicken with Dijon Sauce Scalloped Potatoes California Blend Veggies Whole Wheat Bread Fresh Fruit	7 Sweet & Sour Meatballs Fluffy White Rice Peas & Mushrooms Multigrain Roll Pineapple Chunks	8 Happy Mother's Day! Roast Turkey w/ Gravy Cranberry Sauce Whipped Potatoes Winter Squash Dinner Roll Strawberry Short Cake Diet: Graham Wafer	9 Low Sodium Hot Dog Mustard & Relish Packet Hot Dog Roll Veggie Baked Beans Hot German Slaw Mixed Fruit
12 Italian Pasta with Meatsauce Italian Blend Veggies Multigrain Roll Fruited Jello Parfait	13 Rice & Bean Sandwich Stuffer Spanish Rice Broccoli Florets Melon Fruit Cup	14 Oyster Crackers Spring Vegetable Soup Herb Baked Chicken Whipped Potatoes Whole Wheat Roll Oatmeal Raisin Cookie Diet: Graham Wafer	15 High Sodium Baked Ham Raisin Sauce Delmonico Potatoes Carrots Whole Wheat Bread Pineapple Chunks	16 Salmon Filet Teriyaki Sauce Rice Pilaf Oriental Veggies Chinese Roll Mandarin Oranges with Coconut
19 Breaded Chicken Cheesy Mashed Potatoes Chuckwagon Veggies Multigrain Roll Mixed Fruit	20 American Chop Suey Wax & Green Beans Fruit Muffin Diet Chocolate Mousse	21 Roast Pork with Gravy Red Bliss Potatoes Spring Blend Veggies Dinner Roll Applesauce	22 Meatloaf Gravy Whipped Potatoes Beets Whole Wheat Roll Brownie Diet: Graham Wafer	23 Chicken Stew with Vegetables Buttered Noodles Raisin Bread Fresh Fruit Yogurt Cup
26 CLOSED Happy Memorial Day! 	27 Sloppy Joe's Hearty Bulkie Roll German Pasta Salad Mixed Veggies Mixed Fruit	28 Chicken Piccata Rice Florentine Zucchini & Tomatoes Rye Bread Birthday Cake Diet: Graham Wafer	29 Tossed Salad Shepherds Pie Summer Blend Veggies Multigrain Roll Peaches	30 Fish Sticks Tartar Sauce O'Brien Potatoes Tahitian Blend Veggies Whole Wheat Roll Navel Orange

Recipe Roundup

French Rhubarb Pie

Ingredients:

Filling:
1 cup sugar
2 tsp. flour
1 egg
1/2 tsp. vanilla
2 cups rhubarb - cut in 1/2 in. pieces
single layer pie crust

Topping:
1/3 cup butter
1/2 cup brown sugar
3/4 cup flour

Directions:
Stir filling ingredients together and place in pie crust. Stir topping ingredients together and sprinkle on top of pie. To prevent overbrowning, cover with foil. Bake in 375 degree oven for 25 minutes. Remove foil and bake for another 25 minutes or until golden brown.

Source: Kraftrecipes.com

Strawberries are the angels of the earth, innocent and sweet with green leafy wings reaching heavenward.
Terri Guillemets

Cod with Tomato Cream Sauce for Two

Ingredients:

8-10 ounces cod, cut into 2 pieces
1 1/2 teaspoons chopped fresh thyme, divided
1/4 teaspoon salt, divided
1/8 teaspoon freshly ground pepper
1 1/2 teaspoons extra-virgin olive oil
1/2 shallot, chopped
1 clove garlic, minced
6 tablespoons white wine
1 cup canned diced tomatoes
2 tablespoons heavy cream or half-and-half
1/4 teaspoon cornstarch

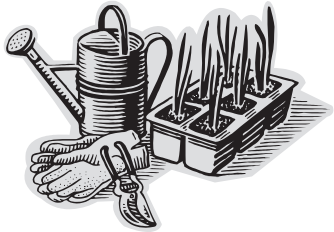
Directions:

Season fish with 1/2 teaspoon thyme, 1/8 teaspoon salt and pepper. Heat oil in a medium skillet over medium heat. Add shallot, garlic and 1/2 teaspoon thyme; cook, stirring, until beginning to soften, about 1 minute. Add wine, tomatoes and the fish to the pan; bring to a simmer. Cover and cook until the fish is cooked through, 4 to 6 minutes. Transfer the fish to a plate; keep warm. Whisk cream and cornstarch in a small bowl. Add to the pan, along with the remaining 1/2 teaspoon thyme and 1/8 teaspoon salt. Cook, stirring, for 1 minute. Divide the fish and sauce among 2 shallow bowls.

Serves two
Source: EatingWell.com

Hazelwood Garden

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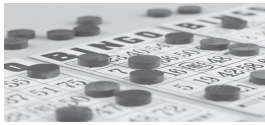
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2014

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Carriage House

Carriage House at Acushnet Heights is a development consisting of 34 apartments made up of studio and one-bedroom units with some fully accessible units.

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Please contact
New Bedford Council on Aging
508-991-6250
and ask for
Director Debra Lee....Thank you!



Privately owned building in the North End of New Bedford. Taber Mill is now accepting applications for bright 1 & 2 bedroom apartments. Specially designed for people 62 years old and over and for handicapped and disabled persons who are 18 years old and over. Rent based on 30% of adjusted income. Income requirements, please call for more info.

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VOICE-TDD# 1-800-439-2370 

Update

Spiritual Fellowship for Visually Impaired

A new spiritual fellowship group for blind and visually impaired citizens is starting in the New Bedford area. Meetings will be held at the North Baptist Church, 750 County St., the first Monday of the month, from 5:00 to 8:30 p.m.

The meetings will include a meal, Bible study, social hour, entertainment, or anything else that members want to do. Volunteers will be on hand to offer assistance.

For more information, call Bob Branco at 508-994-4972.

Dartmouth 350th Free Concert

The Dartmouth 350th Anniversary Committee proudly presents the Sine Nomine Choral Ensemble on Sunday, May 18, at 3 p.m. at the Dartmouth High School Auditorium.

Sine Nomine will perform "Sounds of the Settlers" featuring music from the 1600s. Artistic Director Joseph Fort has reassembled texts from the Bay Psalm Book with the relevant hymnal melodies of the era. Sine Nomine will demonstrate various styles in which these psalms were sung during the 17th century.

The event is free to the public with no tickets or reservations required. For more information, please visit www.Dartmouth350.com or www.sinenominechoir.org.

Note Able Blend in Concert

A concert by the Note Able Blend women's barbershop singers will be presented on Saturday, May 10, at 7:30 p.m. at the Pilgrim United Church of Christ, corner of Purchase and School streets. The performance will benefit the Pilgrim Church programs.

For more information call 508-996-1498.

Choral Society Spring Concert

The Greater New Bedford Choral Society, directed by Gerald P. Dyck and accompanied by Christopher Ricci, will present its Spring Concert on Sunday, May 11, at 7:30 p.m. at the First Unitarian Church, Union Street, New Bedford, and on Sunday, May 18, at 7:30 p.m. at St. Bonaventure Church, 893 State Road, Plymouth.

On the program are *Te Deum Laudamus* and *Jubilate Deo* by Henry Purcell, the world premiere of *Lines from Milton's L'Allegro* by Director Gerald P. Dyck, *Five Old American Songs* from the "Singers Assistant" and a set of Songs of Other Creatures.

Tickets may be purchased at the door or from any chorister. For more information call 508-644-2419 or visit www.gnbcs.org.

Single Seniors Supper Club

The Single Seniors Supper Club at the Fairhaven Senior Center will feature a Chowder and Stuffed Quahog Night on Tuesday, May 20, from 4 p.m. to 6 p.m. The event is sponsored by Emeritus Assisted Living and Brandon Woods Nursing and Rehab. If you are a single senior 60 or older and would like to attend, call the Fairhaven Senior Center at 508-979-4029 by Monday, May 12.

Spaghetti Dinner Fundraiser

A Spaghetti Dinner fundraiser will be held on Friday, May 16, from 4 p.m. to 8 p.m. at the Fairhaven Council on Aging. The event is sponsored by the Livesey Club and will be hosted by the Friends of the Council on Aging to benefit the Fairhaven Social Day Program.

For more information call the Fairhaven Council on aging at 508-979-4029.

Garden Club Plant Sale

The Greater New Bedford Garden Club's Annual Plant Sale will be held Saturday, May 17, from 9 a.m. to noon, rain or shine, at the Acushnet Senior Center, 59 1/2 South Main Street.

Perennials, herbs, annuals, shrubs, vegetables and more will be featured. Proceeds from the sale will benefit the Greater New Bedford Garden Club Scholarship Fund.

Your Theatre Presents "Squabbles"

Your Theatre, Inc. will open the final show of its 67th season on May 15 with "Squabbles" by Marshall Karp, a side-splitting comedy exposing the foibles of a mixed up and mixed in-law household.

Performances are on May 15, 16, 17 and 22, 23, 24, at 8 p.m. and May 18 and 25 at 2:30 p.m., in the auditorium of St. Martin's Episcopal Church, 136 Rivet St., corner of County St. Parking and entrance located at rear of church on County St.

For more information call Your Theatre, Inc. at 508-993-0772, or e-mail info@yourtheatre.org. The theatre's web site is www.yourtheatre.org.

Charles W. Morgan Homecoming

The Charles W. Morgan Homecoming celebration is set for June 28 through July 6. The nine day celebration will feature concerts, programs, regattas, whaleboat races and parades, a whaling history symposium, public ceremonies and more. All events will be held on state pier and in the surrounding historic district.

For more information visit www.destinationnewbedford.org.

NBHS Class of '59 Reunion

The New Bedford High School Class of 1959 is hosting its 55th class reunion on Saturday, August 9, at the Century House in Acushnet. Classmates will gather for cocktails at 6 p.m. followed by dinner at 7 p.m.

Any classmate interested in attending can contact Beverly (Almeida) Souza at 508-994-6367 or Barbara (Costa) Pereira at 508-992-5051.

Playing Hand And Foot



Cynthia Farrell, center, teaches Hand and Foot, a new card game at the Brooklawn Senior Center. New players are welcome every Wednesday at 12:30 p.m.

New Bedford Council on Aging & Senior Centers

Country in the City



Friday, June 20
12PM-3PM

Fort Taber Community Center
950 South Rodney French Blvd.

Celebrity "Host" - Phil Paleologos
Entertainment by "Meadow-Larks Combo"

Enjoy Music, Food, Cotton Candy, Popcorn, Raffles & Dancing!!!!!!

Lunch Catered by Coastline
Hamburgers, Hot Dogs, Potato Salad,
Three Bean Salad, Fruit Cup & Beverage

\$8.00 per person
Please Sign up by June 13 at any New Bedford Senior Center
Check/Money order payable to: City of New Bedford

Special Thanks to the Following Sponsor:



City of New Bedford / COA & Senior Centers

African Dancing & Culture



Taught By

Julienne R. Siwe Ngongang

A great opportunity to learn about music, clothing and life in Africa! Exercise while having fun learning traditional African dancing.

Fridays 10:00am-11:00am

Buttonwood Park Senior Center

1 Oneida St, New Bedford

For More Information, please call Karen 508.991.6170

World War II Veterans to Be Honored by VFW

Andrews-Dahill Post 1531 of the Veterans of Foreign Wars is planning an event to honor local World War II veterans. A luncheon will be held at the post, 477 Park Street, at 1 p.m. on Armed Forces Day, Saturday, May 17. The event is free to all World War II veterans and one guest. Tickets for additional guests are \$10. The planning committee is seeking the names and contact information of all World War II veterans, so they can send them invitations. World War II veterans are asked to call the post at 508-995-2822 or David Machado at 508-971-1255.

Cookbook Author to Prepare Dinner for Charity Raffle

What could be better than a home-cooked meal? How about a meal prepared by local cookbook author Maria Lawton that benefits community members in need?

The Southcoast Hospital Auxiliary is sponsoring a raffle to raise funds to purchase much-needed recliners for hospital patients and their families. The raffle winner will receive a dinner for six prepared by Maria Lawton, author of “Azorean Cooking: From My Family Table to Yours,” which will be served in the warmth of a local Southcoast home.

“I’m happy to participate in this year’s Auxiliary Fundraiser Raffle,” said Lawton. “The fundraiser is for a wonderful cause, and I look forward to preparing a delicious Azorean meal for the winner!” The winner will be able to discuss the menu in advance with Lawton and select a series of recipes from her cookbook. All food and drink items for the dinner will be supplied by the St. Luke’s Hospital Auxiliary.

“Azorean Cooking: From My Family Table to Yours” chronicles Lawton’s journey to recreate the meals and memories of her childhood. She emigrated from the Azorean island of Sao Miguel at age six. The cookbook is available at local bookstores and online.

Raffle tickets may be purchased at St. Luke’s Hospital Gift Shop, or by calling 508- 992-1755. The drawing will take place on June 2.



FESTA PORTUGUESA EM PROVINCETOWN

Cada ano no fim de Junho, a festa Portuguesa em Provincetown e’ uma celebracao de tudo que e’ Portugues – a cultura, a danca, a musica e a comida.

Para mais de sessenta anos, Provincetown honra a linhagem Portuguesa com o anual bencao dos barcos e uma festa que dura a semana inteira.

Seculos passado, antes dos barcos embarcar numa viagem de muito tempo e talvez com muito perigo, o Bispo bencava todos os barcos e os pescadores.

Nao precisa ser Portugues para gozar esta celebracao

11:30 ate’-7... comida no Lions Club Portuguese Food Court
Meio dia ate’2- festa no Portuguese Square – (dancas Portuguesa)
1 hora Julgamento dos barcos decorativo
1-3... Captura a captivacao das bandeiras Portuguesa (vaso prover, premios)
2-3... festa no Portuguese Square Toe - Jam Puppet (banda de musica)
3-5... festa no Portuguese Square e Rua Commercial St. Miracle Fish Puppets (bonecos)

3... Parada (na Rua Commercial do Hotel Harbor para Rua Franklin St.

Sabado
28
deJUNHO



\$27.00

NEW BEDFORD PROGRAMA
DE VIAJAR PARA PESSOAS DE IDADE AVANCADA
ABERTO PARA PESSOAS NOVO E VELHO
PARA RESERVAR CHAMA
508-991-6171

Trivia Quiz

True or False Only

- By Ed Camara
- 1) Herman Melville wrote Moby Dick on a farm in Western Massachusetts.
 - 2) The big granite fort at the southern tip of New Bedford is officially “The Old Stone Fort at Clark’s Point”.
 - 3) The oldest wooden ship still afloat in the U.S. is not the Charles W. Morgan.
 - 4) Scallops are close relatives to clams and mussels.
 - 5) Only 4 states are official commonwealths: Massachusetts, Virginia, Kentucky and Pennsylvania.
 - 6) Tomatoes are fruits.
 - 7) The first letters of “My Sunbeam Bread” (backwards) is how its owner, Joseph P. Duchaine, came up with the call letters for the local AM radio station that may be heard at 1420 on the AM dial.
 - 8) In the late 1950s, the elegant Smith’s Restaurant on Union Street became The Picadilly Lounge and even had a fish tank behind the bar with live piranhas!
 - 9) One of the first TV evangelists was Catholic Bishop, Fulton J. Sheen.
 - 10) The original name for the Zeiterion Performing Arts Center was the Zeiterion Theater.

Senior Travel

Day Trips

Contact the **Acushnet Senior Center at 508-998-0280** about the following trip:
Sat. May 10 -- Foxwoods Casino
Mon. May 19 – Twin River Casino

Contact the **Fairhaven Senior Center at 508-979-4029** about the following trips:
Fri. June 20 -- Gloucester Lobster Cruise and Salem

Contact the **City of New Bedford Senior Travel program at 508-991-6171** about the following trips open to anyone 50 or older.
Wed. June 11 – Lobster Roll Cruise – Dennis and Plymouth
Wed. June 18 – Capt’n Jack’s Lobster Bake and Mohegan Sun
Mon June 23 – Lantana Lunch and show
Sat. June 28 – Provincetown Portuguese Festival
Mon. July 14 – Foxwoods Casino
Wed. July 23 – Foster’s Lobster Bake, York Village
Wed. July 30 – Fenway Park and Boston Duck Tour
Wed. Aug. 20 – Garde Art Center Shoji Tabuchi Show, Mohegan Sun
Thurs. Aug. 21 – Carnival Time, Provincetown
Wed. Aug. 27 – Essex River Cruise, Rockport
Wed. Sept. 3 – Friesians of Majesty, Vermont and New England House Restaurant
Wed. Sept. 17 -- Yakov Smirnoff at Foxwoods Theatre
Wed. Sept. 24 – Springfield Fair

Multi-Day Tours

Contact the **Fairhaven Senior Center at 508-979-4029** about the following trip:
Sept.15-19 -- Niagara Falls and Toronto -- 5 days, 4 nights.

Contact the **City of New Bedford Senior Travel program at 508-991-6171** about the following trips open to anyone 50 or older.
Sept. 19 – 21 – Adirondack Balloon Festival, Lake George NY

Music Festival Tour Will Benefit Mercy Meals

Local residents are invited to travel to the Wayne C. Henderson Music Festival and Guitar Competition in the mountains of Virginia in June. A “Caravan of New Englanders” will set off on a musical journey to one of the premier bluegrass festivals and “picking” competitions in the world at Grayson Highlands State Park, Mouth of Wilson, Virginia.

Henderson and many of his musical friends are the featured performers at this festival that celebrates bluegrass and old-time music. The recipient of the 1995 National Heritage Award presented by the National Endowment for the Arts, Henderson has performed at Carnegie Hall, in three national tours and in seven nations abroad.

A portion of the proceeds goes to a scholarship fund to aid Virginia’s young musicians in continuing their education. A partial per person donation will also go to Mercy Meals and More of New Bedford.

A fleet of luxury motor coaches will leave New Bedford on Friday, June 20, and return on Sunday, June 22. Connecting transportation will be arranged for groups in Rhode Island, New Hampshire, New York and Connecticut.

For a total cost of \$440 per traveler, the adventure covers round-trip transportation, two nights lodging including continental breakfast Saturday and Sunday, tickets to the festival, and other fees. A \$100 deposit is required by May 20. For additional information, call project organizer Michael Westervil at 774-202-5339 or email mwestervil@aol.com.

Laugh and the world laughs with you. Cry and you cry with your girlfriends.
Laurie Kuslansky

Savoy Nursing & Rehabilitation Center

670 County Street, New Bedford



A homelike atmosphere for short term rehabilitation, respite, hospice or long term care.
Owned and operated by a physician.
Call to schedule a tour
Tel. 508-994-2400 Fax 508-994-4746

At the Senior Centers

Acushnet Senior Center

For more information on the following activities, call the Acushnet Council on Aging at 508-998-0280.

Mother’s Day Brunch will be sponsored by Coastline on Friday, May 9, 11:30 a.m. at the Acushnet COA. Musical entertainment to follow from 12:00-1:00 p.m. \$4/per person. Please call for menu.

Cardio Aerobics with instructor Susan Ashley will now be offered twice a week. This high energy, low impact, fun class is held on Tuesdays at 10:15 a.m. and again on Fridays at 10:00 a.m.

Play **Bingo** every Wednesday at 12 p.m.

A Tuesday evening **Pitch League** is now forming. Games begin the first week of July. Call Jerry at 508-998-0280 to register.

Free Manicures will be available on Friday, May 9, from 10:00 a.m. to 11:30 a.m. by students from Old Colony High School. Walk-ins welcome or call the center for an appointment.

The New Bedford **St. Anthony’s Senior Group** meets at the Acushnet Council on Aging on Monday, 1 p.m. Please call 508-998-0280 for a complete list of meeting dates.

Left, Right, Center, the dice game of chance, is now played every Friday at 12:30 p.m. at the Acushnet Senior Center. No league to join, just drop by and play.

Groovercise class on Thursday mornings at 9:30 is a mix of cardio, strength, flexibility and balance, set to upbeat music led by Certified Group Fitness Instructor Ellie Higgins.

The Lovely Ladies Eating Healthy group meets on Fridays at 10 a.m.

A new **Book Club** meets every other Monday from 11 a.m. to 12 p.m. For more information, call Linda or Lynn at 508-998-0280.

The **French Cultural Group** now meets on Tuesdays at 9 a.m.

The Tuesday **Pitch League** is playing in the afternoons. Play starts promptly at 1 p.m. so be sure to arrive a few minutes early. New players and substitutes are always welcome.

Toe Nail Care with a professionally licensed manicurist is available every other Friday by appointment.

A **Beginners’ Exercise Class** with Larry Bigos meets Wednesday at 2:30 p.m. Go at your own pace while building strength and making new friends.

The **Red Hat Society** meets the first Thursday of the month at 11 a.m., to set the schedule for the following month’s activities. New members always welcome.

Chair Yoga with Sue Ashley meets on Tuesday mornings from 9 to 10.

Cardio Fusion, a low-impact, high energy class, meets Fridays from 10 a.m. to 11 a.m.

Strong Women, Strong Bones with Karen Corcoran helps you stretch, flex and build core strength on Monday and Wednesday at 10 a.m. This is the perfect class for those with osteoporosis or osteoarthritis.

Ashley Park Center

The Ashley Park Center in New Bedford is open Monday through Friday from 10 a.m. to 4 pm. A Wellness Clinic is held every third Thursday of the month from 10:30 a.m. to 12:00 p.m. For information on activities such as cards, dominoes, and crocheting, call 508-991-6211.

Brooklawn Senior Center

The Brooklawn Senior Center is now open Monday, Wednesday and Thursday from 9 a.m. to 3 p.m. and Tuesday and Friday from 9 a.m. to 4 p.m. For more information on the following activities, call the Brooklawn Senior Center at 508-961-3100.

Spring Forward Party will be held on Friday, May 23, from 12:30 – 2:30 p.m. with a baked ziti and salad followed by entertainment by Chops Turner.

A **Veterans’ Coffee Hour** is held on the first Monday of every month from 9 a.m. to 10 a.m.

A new **Tai Chi class** will meet on Mondays from 1 p.m. to 2 p.m. starting January 6. The class is free but you must call to register.

A new **Trivia Group** with Bob Branco meets on Monday mornings at 10. Everyone is welcome to join in.

Art classes are free and materials are provided. **Decorative Painting** meets on Monday at 10 a.m. and **Drawing What You See/Watercolor** meets on Friday at 10 a.m.

The **Discussion Group** on Tuesday afternoons at 1 is welcoming new members.

Enjoy the ancient Chinese game **Mah Jongg** every Tuesday at 10 a.m. with instructor Joan Blanchette. Experienced and new players are welcome.

Play Hand and Foot every Wednesday at 12:30 p.m.

Play **Cribbage** Wednesday mornings starting at 10. If you’ve never played and are interested, join in as the players teach you this longtime favorite.

The **Book Club** meets the second Wednesday of each month at 10 a.m.

Everyone of any physical ability is encouraged to participate in the **Strength and Conditioning** class with Larry Bigos that meets on Thursdays at 10 a.m.

The **Senior Choral Group** rehearses every Thursday from 12:30 p.m. to 2:30 p.m. New members are welcome.

Buttonwood Senior Center

For more information on the following activities, call the Buttonwood Senior Center at 508-991-6170, ext. 5: New hours are 7:30 a.m. to 3:30 p.m. Monday through Friday.

Monthly Birthday Party sponsored by New Bedford Health Care Center will be held on Thursdays, May 8, and June 12, at noon.

Breakfast is available daily.

A new **Zumba Gold** class with Pati Cautillo meets on Tuesday from 8:30 a.m. to 9:30 a.m.

A new **Yoga** class with Joey Machado begins on Monday, May 12m from 8 a.m. to 9 a.m. **Play Cribbage** at 10:30 a.m. on Wednesdays.

A new class on **African Dancing and Culture** with Julianne Ngongang meets on Fridays, from 10 a.m. to 11 a.m.

On Thursday, May 15, from 11:45 a.m. to 12:15 p.m., **Hope Health Hospice** will offer a presentation on Five Wishes.

A presentation by **Senior Whole Health** will be held on Thursday, May 22, from 11:45 a.m. to 12:15 p.m.

A **Health Fair** is set for Wednesday, June 4, from 11 a.m. to 2 p.m.

Painting with Friends meets on Wednesdays at 12:30 p.m. with instructor Kathy Arruda.

Tai Chi with Karen Corcoran meets every Wednesday at 2 p.m. Join this free class and improve your health and balance.

Swing Dancercise class with Victor Fonseca meets from 1 p.m. to 2 p.m. on Fridays.

“An **Aerobics** class meets on Mondays at 10 a.m. **Gentle Yoga** with Joan Davignon meets on Tuesday at 10 a.m.”

Caroline Street Senior Center

For more information on the following activities at the Caroline Street Senior Center, 26 Caroline Street, call 508-991-6301.

Lunch is served Monday through Friday at noon.

Exercise Class meets every Monday at 11 a.m.

Ice Cream Social is held every other Friday.

Dartmouth Senior Center

For more information on the following activities, call the Dartmouth Senior Center at 508-999-4717:

Call for information about **Transportation** to local doctors and grocery shopping for Dartmouth residents.

The Dartmouth COA **Food Bank** is open to all Dartmouth residents in need, Monday through Friday from 9 a.m. to 2 p.m. Proof of residence is required.

The **SHINE Representative** (Serving the Health Information Needs of Seniors) is at the Center on Tuesdays from 9 a.m. to 12 p.m. Please call to schedule an appointment.

Everybody’s Book Club meets the second Monday of the month at 1 p.m. Take turns hosting or choosing a book. Browse our Free Book Lending Library. We welcome donations of recently published books.

Dance with the OT Band the first and third Wednesday of the month from 12:30 p.m. to 3:00 p.m.

Our walkers are on the move! Join us Monday, Wednesday and Friday at 8:30 a.m. It’s free. We offer different walking levels and no one walks alone.

Knitters and Handcrafters meet on Wednesdays from 1 p.m. to 3 p.m.

Play Bridge on Mondays from 12 p.m. to 3:30 p.m.

A **Hand Quilting** class meets on Mondays from 9 a.m. to 11 a.m.

Stop in the Center most mornings at 9:30 for a **game of pool**.

We are looking for **Cribbage** players. If you are interested in playing or would like to learn how, join our players on Tuesdays at 9:30.

Tai Chi class meets on Tuesdays, 9 a.m.to10 a.m. This Chinese health exercise will improve your balance and mobility.

Computer Class meets on Tuesdays from 10:15 a.m. to 12:15 p.m. and Wednesdays from 11:30 a.m. to 1:30 p.m. Learn the basics for a strong foundation and use the computer to do what you want.

Gentle Yoga seated or standing with instructor Joan Davignon meets on Thursday at 10 am. **Gentle Yoga** with floor postures meets on Tuesday at 1 p.m.

Zumba Gold class meets Tuesdays from 11 a.m. to12 p.m. and Thursdays from 11:30 a.m. to 12:30 p.m.

Pound by Pound, a free weight loss support group, meets Mondays at 10 a.m. Walk-ins are welcome.

The **Basic Sewing Class** meets Thursdays at 11 a.m. We provide a machine or you may bring your own. No sign up is required.

Free **Osteo Exercise** classes are offered Monday, Wednesday and Friday at 10:15 a.m.

An **individualized Flex and Strength** class meets on Wednesday at 8:30 a.m. and Friday at 9:00 a.m. Beginners are welcome. This class is offered at a reduced cost of \$3.00.

A **Foot Care Clinic** is held on the first Thursday and last Tuesday of each month. Appointments are required.

Enjoy a game of **Mah Jongg** on Fridays from 11:30 a.m. to 3:00 p.m. Experienced and new players welcome.

Line Dancing classes meet on Friday afternoons at 12:45 to 1:15 for beginners and 1:15 to 3:00 for advanced.

Downtown Senior Center

The Downtown Senior Center is located in the New Bedford Hotel elderly housing complex, first floor. For more information on the following activities, call at 508-991-6255:

Lunch is served daily at 11:30. Reservations must be made 24 hours in advance.

Join us for an **Arts & Crafts** hour on the first and third Wednesday of the month.

Health and Wellness presentation hosted by Southcoast Healthy Housing and Workplace Initiative will be held every Friday from 11 a.m. to 2 p.m. Refreshments will be served.

Manicures by La Baron hairdressing Academy will be available on Wednesday, May 14, by appointment.

Enjoy a **movie and popcorn** every Friday at 12:30.

A **Birthday Social** is held the first Monday of the month.

A **Wellness Clinic** is held every second Thursday of the month.

The **Yarn Group** meets on Mondays at 1 p.m.

Bingo games are held Tuesday and Thursday afternoons from 1:00 to 2:30.

Fairhaven Senior Center

For more information on the following activities, call the Fairhaven Council on Aging at 508-979-4029:

Line Dancing with Lyn Richard meets every Monday from 1 p.m. to 3 p.m.

Knitting for Beginners meets Tuesdays at 10 a.m. Bring your needles, yarn and a pattern or a project.

Fit Quest, a healthy weight program, meets on Thursday mornings at 9. Confidential weight-in is followed by a meeting featuring tips on losing weight and keeping it off.

Single Seniors Supper Club will meet Tuesday, May 6, and May 20, for a light supper and companionship.

L.G.B.T Supper Club will be held Wednesday, May 28.

Friends of the Fairhaven Elderly meets the second Tuesday of each month at 6 p.m.

Computer Classes meet on Monday, Thursday and Friday. Call for times and to sign up.

Chair Yoga class now meets on Monday and Thursday mornings from 10:15 to 11:15. An **Osteo Exercise** class meets Monday, Wednesday and Friday mornings from 8:30 to 10:00.

A **Wellness Clinic** is held on Tuesday mornings from 9:30 to 11:30.

On Tuesday the **Wii Fit** group meets from 9:00 a.m. to 11:30 a.m.

Play **Bridge** on Tuesday from 12:30 p.m. to 3:30 p.m., and play **Pitch** on Wednesday and Thursday from 12:30 p.m. to 3:30 p.m.

Trips to the Mall call for details.

The **Tai Chi** class meets on Thursdays from 10 a.m. to 11 a.m. and **Zumba** meets on Wednesday and Friday from 11:30 a.m. to 12:30 p.m.

Complete Foot Care by a licensed professional is available once a month. Call for dates and times.

The O.T.’s will play every second and fourth Thursday.

Hazelwood Senior Center

For more information on the following activities, call the Hazelwood Senior Center at 508-991-6208:

Computer Classes are held on Monday mornings from 10 a.m. to 12 p.m.. Must sign up in advance for next 8 week session.

Zumba class meets on Mondays from 1 p.m. to 2 p.m.

Arts and Crafts will be scheduled on Tuesdays from 9 a.m. to 10 a.m. Sign up sheets are available

Birthday Cake for all seniors who celebrated a birthday on the last Friday of each month.

Blood Pressure and Wellness Clinic is held the third Wednesday of the month from 11 a.m. to 12:30 p.m.

Gentle Yoga with Joey Machado meets Wednesday at 10 a.m.

Dancercise with Big Band Music led by Victor Fonseca meets every Tuesday from 1 p.m. to 2 p.m.

A **Knitting and Crocheting** class meets on Thursdays at 9:30 a.m. Beginners are welcome. Move those feet at the **Line Dancing** class every Thursday from: 1:00 p.m. to 2:30 p.m.

Strength and Conditioning with Larry Bigos will meet every Tuesday from 11:30 to 12:30.

Play Cards on Wednesdays from 10 a.m. to noon and 2:30 p.m. to 3:30 p.m. and Fridays from 9 a.m. to noon and from 2:30 p.m. to 3:30 p.m.

Visually Impaired support Group meets the third Tuesday of the month at 9 a.m.

Senior Safety

Nutrition News

Preventing Falls at Home

Each year thousands of older Americans fall at home. Many of them are seriously injured and some are disabled.

During Older Americans Month in May, the New Bedford Fire Dept. wants to call attention to this danger and offer practical steps to fix potential hazards that lead to falls.

Floors

Look at the floors in each room. Ask someone to move the furniture so your path is clear.

Remove rugs or use double-sided tape or a non-slip backing so the rugs won't slip.

Pick up things that are on the floor, such as papers, books and other objects.

Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

Stairs and Steps

Look at the stairs you use both inside and outside your home. Always keep the stairs clear of any objects.

Fix loose or uneven steps.

Have an electrician put in an overhead light at the top and bottom of the stairs, and a light switch at the top and bottom of the stairs also. Change burned out light bulbs.

Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.

Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and as long as the stairs.

Kitchen

Look at your kitchen and eating area.

Move items in your cabinets so things you use often are on the lower shelves, about waist level.

If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

Bathrooms

Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

Have a carpenter put grab bars inside the tub and next to the toilet.

Bedrooms

Place a lamp close to the bed where it's easy to reach.

Put in a night light so you can see where you're walking. Some night lights go on by themselves after dark.

At the Senior Centers... continued from page 8

Marion Council on Aging

For information on activities, call the Marion COA office at 508-748-3570. If no one answers, please leave a message and someone will get back to you.

Podiatry Care available by appointment.

Medical equipment such as walkers, bath seats, commodes are loaned for free.

Movies are offered for free at the Music Hall once a month at 7 p.m. May 9, Viva Las Vegas.

Cardio/Strength/Flexibility, a low-impact aerobics class easy on the joints, is now being held on Mondays and Fridays from 9:30 a.m. to 10:30 a.m. at the Atlantis Drive Facility.

Senior Stretch class meets Tuesdays, Thursdays and Fridays from 9:30 a.m. to 10:30 a.m. at the First Congregational Church Fellowship Hall. Try once for free. Sign up for one, two or three days.

The Public Health Nurse is available for health consultation, blood pressure and glucose monitoring, wound assessment and routine adult vaccinations on Mondays at Town Hall from 9:30 a.m. to 11:30 am. The nurse is available by appointment Tuesday through Friday.

Transportation is available Monday through Friday to the Fairhaven

Social Day Program.

Friendship Table -- enjoy a free meal at St. Gabriel's Church in Marion on the first Thursday and at the Congregational Church Community Center the third Thursday, both at 5 p.m.

The **SHINE Counselor** is available by appointment to answer health insurance questions.

Grocery store transportation: Every Wednesday the van goes to Market Basket. On Friday the schedule alternates between Wareham and Fairhaven.

The COA offers **transportation to the Y** in Wareham on Tuesdays and Thursdays. Pick up will begin at 10:30 a.m. and return at 12:30 p.m.

The COA has a drop off box outside the office door for used eye glasses **which** will be donated to the Lion's Club.

Mattapoisett Social Center

For more information on the following activities, call the Mattapoisett Council on Aging at 508-758-4110:

Senior Belly Dancing for all ages, shapes and sizes meets Mondays at 1:30 p.m. Helps improve posture, balance and strength. Learn basic moves of this ancient art with easy and slow movements.

Water Aerobics is back every Monday morning. Transportation is provided to the New Bedford YMCA for the 9 a.m. class.

A free **QiGong** class meets on Mondays at 10 a.m.

Play **Mah Jongg** every Wednesday at 1:15 p.m. and **Scrabble** every Monday at 1 p.m.

Play **Beginner's or Duplicate Bridge** on Thursdays at 9 a.m. All levels of players are welcome. Refreshments will be served.

A **Knitting** group meets Mondays at 10 a.m.

On Monday and Wednesday, a **Strength and Balance** class for all abilities meets at 12 noon. A **Yoga** class meets on Tuesday and Friday mornings at 8:45.

The **Cardio and Strength** class, an aerobic and strength training class with low to moderate intensity, led by a certified group exercise instructor meets Wednesdays at 9:30 a.m.

The **Public Health Nurse** is available on Thursday mornings at 9:30. On Fridays **Foot Care** is available all day by appointment.

Line Dancing class meets Fridays at 1 p.m. Beginners welcome.

Rochester Senior Center

For more information on the following activities, call the Rochester Senior Center at 508-763-8723:

Salsa More Popular than Ketchup

By Jamie Buccheri, RD, LDN
Dietitian & Wellness Coordinator,
Coastline Elderly Services, Inc.

Did you know that salsa is more popular than ketchup? In fact it is considered America's favorite condiment. Traditionally made with a blend of cooked tomatoes, chili peppers and ground squash seeds, this versatile sauce is widely used around the world. Today, salsa comes in many shapes and sizes. Salsa can be made as a salsa verde (with green tomatoes), as a pico de gallo (with fresh tomatoes), in the form of guacamole, and it can even be made with a blend of fresh fruits and herbs.

The health benefits of salsa are also noteworthy. Tomatoes are rich in the anti-oxidant, lycopene, and are a good source of Vitamin C. Chili peppers also pack a nutrition punch by reducing inflammation. Salsas are also a great way to get in an extra serving of vegetables and are low in calories and fat. If using a jarred salsa be sure to check the sodium content as some pre-packaged salsas can be quite salty.

Salsa is not only a tasty snack but it can be used to spice up a number of other dishes as well. Garnish fish or chicken with salsa, top your salad with salsa as a low calorie alternative to heavy dressings, add it to tacos, quesadillas, burritos, or fajitas, or try adding a dollop of fresh salsa to your next bowl of soup!

Easy Fresh Fruit Salsa

Serves 6

Ingredients

1 Granny Smith Apple

2 Kiwi fruit, peeled and quartered

3 cups strawberries, hulled

Juice of 1 lime

1/2 cup fresh mint (optional)

Preparation Instructions

Add all ingredients to a food processor or blender and pulse for 2-3 times, or just until mixed. If you do not have a food processor, you may dice all ingredients and mix by hand for a chunkier salsa. Enjoy with yogurt, oatmeal, whole grain cereal, tortilla chips, or with cinnamon toasted tortillas.

The monthly Veterans Social for area Veterans of all ages will be held on **Wednesday, from 6 p.m. to 8 p.m.**

Play cribbage Mondays from 9:00 a.m. to 11:30 a.m. Anyone of any level is welcome to attend.

Bowling League meets on Tuesday mornings at 9 at the lanes in Mattapoisett. Any skill level is welcome.

Memory Fitness program will be offered by Home Instead on Thursday, April 10, at 10 a.m.

Ballroom Dancing Lessons with instructor Nancy Barrett will continue on Wednesdays at 10 a.m. All singles and couples are welcome.

Soup and Sandwich lunches are back every Monday at 12:00 Call to reserve your spot.

Weekly grocery shopping trips to Market Basket in New Bedford are scheduled on Wednesday mornings. Seniors must sign up in advance to reserve a seat.

Weekly Blood Pressure Checks with Town Nurse Betsy Dunn are held Mondays, 11 a.m. to 12 p.m.

Cardio-Fit Groovercise, an exercise class led by certified instructor Ellie Higgins, now meets on Tuesday from 9 a.m. to 10 a.m.

Chair Yoga Classes meet on Monday afternoons from 1 to 2 with Susan Ashley, a certified fitness instructor and personal trainer. This modified format offers yoga practice without having to get down on the floor.

Friday Movies are free and we serve popcorn too. Movies start at 1:30 sharp. Call the center for the schedule for this month.

Line Dancing class meets Tuesday afternoons from 2:00 to 4:00

Stepping and Stretching on Tuesdays and Thursdays, 1 p.m. to 2 p.m., is a fun filled hour of easy exercise to build strength and improve balance.

Ye Olde Breakfast Shoppe serves breakfast Monday through Friday from 7 a.m. to 9 a.m. This is a joint effort of the Friends of the Senior Center and the Rochester Lions Club.



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For more information call 774-202-1837 or visit our website www.beaconafc.com

Your Health

Glucosamine Fails to Prevent Deterioration of Knee Cartilage, Decrease Pain

A short-term study found that taking oral glucosamine supplements does not lessen knee cartilage deterioration among individuals with chronic knee pain. Findings published in *Arthritis & Rheumatology* indicate that glucosamine does not decrease pain or improve knee bone bruises thought to be a source of pain in those with osteoarthritis (OA).

OA is the primary cause of disability in the elderly. Patients may seek alternative therapies to treat joint pain and arthritis, with prior research showing glucosamine as the second most commonly-used natural product.

For this trial, Dr. C. Kent Kwok

from the University of Arizona and colleagues, enrolled 201 participants with mild to moderate pain in one or both knees. Participants were treated daily with 1500 mg of glucosamine or placebo for 24 weeks. Magnetic resonance imaging (MRI) was used to assess cartilage damage.

Trial results show no decrease in cartilage damage in participants in the glucosamine group compared to the placebo group.

Dr. Kwok concludes, “Our study found no evidence that drinking a glucosamine supplement reduced knee cartilage damage, relieved pain, or improved function in individuals with chronic knee pain.”

Popular Yoga and Exercise Classes Return to Cushman Park

The South Coast community can keep fit and stay healthy with free exercise classes taught by two of the top fitness instructors in the area. *Yoga in the Park* with Kripalu Certified Yoga Instructor Jeff Costa and *Summer Bootcamp* with Certified Functional Trainer Wayne Goulart are held through the summer in Cushman Park on Green Street in Fairhaven.

Yoga in the Park starts June 17 and continues through August 19 every Tuesday from 8 a.m. to 9 a.m. This is a gentle yoga series for all levels, designed to introduce newcomers to the basics of stretching and mindfulness and challenge yoga enthusiasts with a focus on compassion for the

body.

Summer Bootcamp begins June 19 and continues each Thursday from 8 a.m. to 9 a.m. through August 21. The Bootcamp class consists of various exercises that build functional strength and core stability with circuits utilizing light dumbbells and body weight exercises.

Attendees should bring a mat for Yoga and a mat plus set of weights for Bootcamp. Classes take place weather permitting; cancellations will be posted on the Facebook page: www.facebook.com/fitnessincushmanpark. For more information about the fitness program or to sponsor Fitness in Cushman Park call 508-287-2482.

Women Who Drink Milk May Delay Knee Osteoarthritis

New research reports that women who frequently consume fat-free or low-fat milk may delay the progression of osteoarthritis (OA) of the knee. Results published in the journal, *Arthritis Care & Research*, show that women who ate cheese saw an increase in knee OA progression. Yogurt did not impact OA progression in men or women.

OA is a common, degenerative joint disease that causes pain and swelling of joints in the hand, hips, or knee. OA affects nearly 27 million Americans, with knee OA being more prevalent and severe in women. While medical evidence points to obesity, joint injury, and repetitive use from some sports as risk factors for incident knee OA, risks associated with OA progression remain unclear.

“Milk consumption plays an impor-

tant role in bone health,” explains lead author Bing Lu, M.D., Dr.P.H., from Brigham & Women’s Hospital in Boston, Mass. “Our findings indicate that women who frequently drink milk may reduce the progression of OA,” concludes Dr. Lu.

In a related editorial also published in *Arthritis Care & Research*, researchers from Harvard-affiliated Hebrew SeniorLife Institute for Aging Research agreed, “With the aging population and increase in life expectancy, there is an urgent need for effective methods to manage OA. The study by Lu et al. provides the first evidence that increasing fat-free or low-fat milk consumption may slow the progression of OA among women who are particularly burdened by OA of the knee, which can lead to functional disability.”

Las Mujeres que Toman Leche Diariamente Pueden Retardar la Arteritis de la Rodilla

La pesquisa reciente relata que las mujeres que toman con frecuencia la leche sin grasa o con bajo tenor de grasa pueden retardar el progreso de la arteritis de la rodilla. Los resultados publicados en el periódico, “Cuidado de la Arteritis y Pesquisa,” muestra que las mujeres que comieron queso tuvieron un aumento en la progresión de la arteritis de la rodilla. El yogurt no tuvo ningun impacto en los hombres o mujeres.

La arteritis es una enfermedad degenerativa comun de las articulaciones que causa dolor y inchazo de las articulaciones de las manos, ancas, o rodillas. La arteritis afecta casi 27 millones de americanos, con la arteritis de la rodilla siendo mas prevaleciente y severa en las mujeres. Mientras la evidencia médica apunta a la obesidad, traumatismo de las articulaciones y el uso repetitivo en algunos deportes como factores del riesgo para el incidente de arteritis de la rodilla, los riesgos asociados con la progresión de la arteritis se mantienen inciertos.

“El consumo de la leche desem-

peña un papel importante en la salud de los huesos, explica el autor principal Bing Lu, M.D., Ph. D., del Brigham & Women’s Hospital en Boston, Mass. “Los nuestros hallados indican que las mujeres que toman la leche con frecuencia pueden reducir la progresión de la arteritis,” concluió el Dr. Lu.

En una editorial relacionada también publicada en el “Cuidado de la Arteritis & Pesquisa,” los investigadores del Harvard-afiliado Instituto Hebreu de la Vida Edosa para la Pesquisa del Envehecimento (Hebrew Senior Life Institute for Aging Research) concordaron, “con la población envejecida y el aumento de la expectativa de la vida, hay una necesidad urgente para los metodos efectivos para regular la arteritis. El estudio por Lu et al, proporciona la primera evidencia que aumentando el consumo de la leche sin grasa o con bajo tenor de grasa puede retardar la progresión de la arteritis en las mujeres que sufren de la arteritis de la rodilla, que puede llevar a una incapacidad funcional.

As Mulheres que Bebem Leite Diariamente Podem Retardar a Artrite do Joelho

A pesquisa recente relata que as mulheres que consomen com frequencia o leite sem gordura ou com baixo teor de gordura podem retardar o progresso da artrite do joelho. Os resultados publicados no jornal, “Cuidado da Artrite e Pesquisa,” mostram que as mulheres que comeram queijo tiveram um aumento na progressão da artrite do joelho. O iogurte não teve nenhum impacto na progressão da artrite nos homens ou mulheres.

A artrite é uma doença degenerativa comum das juntas que causa dor e inchaço das juntas das mãos, ancas, ou joelhos. A artrite afecta quase 27 milhões de Americanos, com a artrite do joelho sendo mais prevalecente e severa nas mulheres. Enquanto a evidencia médica aponta a obesidade, traumatismo das juntas, e uso repetitivo em alguns desportos como factores de risco para o incidente da artrite do joelho, os riscos associados com a progressão da artrite mantêm-se incerto.

“O consumo do leite desempenha

um papel importante na saúde dos ossos,” explica o autor principal Bing Lu, M.D., Ph. D., do Brigham & Women’s Hospital em Boston, Mass. “Os nossos achados indicam que as mulheres que bebem leite com frequencia podem reduzir a progressão da artrite,” concluiu o Dr. Lu.

Numa editorial relacionada também publicada no “Cuidado da Artrite & Pesquisa,” os pesquidadores do Harvard-afiliado Instituto Hebreu da Vida Idosa para Pesquisa do Envelhecimento (Hebrew Senior Life Institute for Aging Research) concordaram, “Com a população envelhecida e o aumento da expectativa da vida, há uma necessidade urgente para métodos efectivos para gerir a artrite. O estudo por Lu et al. proporciona a primeira evidencia que aumentando o consumo do leite magro ou com baixo teor de gordura pode retardar a progressão da artrite nas mulheres que sofrem de artrite do joelho, que pode levar a uma incapacidade funcional.”

Health Fair Set for May 8

Coastline and the Acushnet Council on Aging are sponsoring a health fair on Thursday, May 8, from 10 a.m. to 2 p.m. at the Seaport Inn, 110 Middle Street, Fairhaven. More than 70 community organizations will

offer information and health screenings. Free lunch and snack foods will be available all day. Free shuttle service from the parking lot will be provided.

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Representatives are available Monday-Friday 8:00 a.m.-8:00 p.m.

(From Oct. 1 - Feb. 14 representatives are available 7 days a week, 8:00 a.m. - 8:00 p.m.)

The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, copayments/coinsurance may change on January 1 of each year.

Tufts Health Plan is an HMO plan with a Medicare contract and a contract with the Commonwealth of Massachusetts Medicaid program. Enrollment in Tufts Health Plan depends on contract renewal. Tufts Health Plan Senior Care Options is a voluntary MassHealth (Medicaid) program in association with EOHHS and CMS. You must continue to pay your Medicare Part B premium.

Your Health

Want Spring Allergy Relief? Avoid Stress

Stress doesn't cause allergies, but easing your mind might mean less allergy flare-ups this spring. According to a study published in the April issue of *Annals of Allergy, Asthma & Immunology*, the scientific journal of the American College of Allergy, Asthma and Immunology, allergy sufferers with persistent stress experience more allergy flares.

"Stress can cause several negative effects on the body, including causing more symptoms for allergy sufferers," said allergist Amber Patterson, MD, lead study author and ACAAI member. "Our study also found those with more frequent allergy flares also have a greater negative mood, which may be leading to these flares."

Researchers from The Ohio State University analyzed 179 patients for 12 weeks. Thirty-nine percent had more than one allergy flare. This group had higher stress than the group without allergy symptoms. Of this group, 64 percent had more than four flares over two, 14 day periods.

While there were no significant findings between allergy flares and stress on the same day, a number of sufferers reported allergy flares within days

of increased daily stress. "Symptoms, such as sneezing, runny nose and watery eyes can cause added stress for allergy sufferers, and may even be the root of stress for some," said Dr. Patterson. "While alleviating stress won't cure allergies, it may help decrease episodes of intense symptoms."

Allergy sufferers can help alleviate stress by:

Meditating and breathing deeply.

Reducing things that may be responsible for stress and learning how to cope better (i.e. not turning to smoking or caffeine which can do more damage than good).

Asking for help whether from a social worker, family member or colleague.

Making time for fun and relaxation.

Adopting a healthy lifestyle by eating right, getting enough sleep and taking care of health conditions.

"Allergy sufferers can also alleviate stress and allergy symptoms by seeing their board-certified allergist," said allergist James Sublett, MD, ACAAI president-elect. "An allergist will help you develop an action plan with ways to avoid allergy triggers and what treatment will be best for your individual needs."

Insomnia, Anxiety Drugs May Have Adverse Effects on Older People with COPD

A group of drugs commonly prescribed for insomnia, anxiety and breathing issues "significantly increase the risk" that older people with chronic obstructive pulmonary disease, or COPD, need to visit a doctor or Emergency Department for respiratory reasons, new research has found.

Benzodiazepines, such as Ativan or Xanax, may actually contribute to respiratory problems, such as depressing breathing ability and pneumonia, in these patients, said Dr. Nicholas Vozoris, a respirologist at St. Michael's Hospital in Toronto. Dr. Vozoris said the findings are significant, given that 5 to 10 per cent of the Canadian population has COPD (also known as emphysema), which is mainly caused by smoking.

Dr. Vozoris said he believes this is the first study to look at clinical

outcomes of COPD patients prescribed these drugs. He found that COPD patients who had been newly prescribed a benzodiazepine had a 45 per cent increased risk of more acute respiratory symptoms requiring outpatient treatment. They were at 92 per cent greater risk of needing to visit an Emergency Department for COPD or pneumonia. There was also an elevated risk of also being hospitalized for respiratory reasons.

He said the findings were consistent even after taking into account the severity of the person's illness. They were true for people with less advanced and more advanced COPD.

"Physicians, when prescribing these pills, need to be careful, use caution and monitor the patients for respiratory side effects," said Dr. Vozoris. "Patients also need to watch for respiratory related symptoms."

Powerful Tools for Caregivers

Coastline will be offering a free six-week caregiver class, "Powerful Tools for Caregivers," beginning May 20 and running through June 24 from 4:30 p.m. to 6:00 p.m. at Brandon Woods of Dartmouth in South Dartmouth.

Coastline offers this evidence-based workshop free of charge to all participants. Each class is limited to a maximum of 12 participants, and care is available for your care receiver while you participate in the program. Class participants report that following the program, they experience fewer feelings of anger, guilt and depression and feel increased confidence in coping

with the demands of caregiving.

The *Powerful Tools for Caregivers* program is designed to help family caregivers develop new skills that will improve their lives and enable them to be happy, healthy caregivers for as long as possible. Topics presented include: identifying and reducing stress, communicating your feeling, needs and concerns; communicating in challenging situations; learning from your emotions; and mastering caregiving decisions.

For more information or to register, contact Libby Costa at 508-742-9171 or lcosta@coastlinenb.org.

Internet Use May Cut Retirees' Depression

Spending time online has the potential to ward off depression among retirees, particularly among those who live alone, according to research published online in *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*. In the article "Internet Use and Depression Among Retired Older Adults in the United States," the authors report that Internet use reduced the probability of a depressed state by 33 percent among their study sample.

Late-life depression affects between 5 and 10 million Americans age 50 and older. This new study shows that the Internet offers older Americans a chance to overcome the social and physical boundaries that are believed to fuel depression.

"Retired persons are a population of interest, particularly because one mechanism by which Internet use may affect depression is to counter the effects of isolation and loneliness,

which are more common among older adults," the authors stated.

The data were obtained from the Health and Retirement Study, an on-going survey collecting information from more than 22,000 older Americans every two years. The measurement of Internet use was based on a question asking participants, "Do you regularly use the World Wide Web, or the Internet, for sending and receiving e-mail or for any other purpose?" Depression was measured using an eight-item version of the Center for Epidemiologic Studies Depression Scale.

The authors found that Internet use led to a 33 percent reduction in the probability of depression. "The reduction in depression (was) largest for people living alone," the authors wrote, noting that being online may help reduce social isolation and loneliness.

Taking Calcium Supplements Does Not Increase Coronary Heart Disease

The results of a study presented in April at the World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases do not support the hypothesis that calcium supplementation, with or without vitamin D, increases coronary heart disease or mortality risk from any cause in older women.

The investigators reviewed 18 randomized controlled trials of calcium supplements with or without

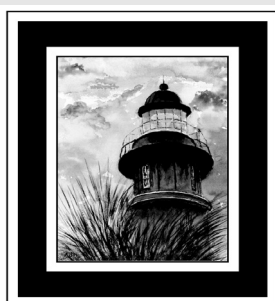
vitamin D. They looked at reports of 63,564 participants and searched for two primary outcomes: coronary heart disease and all-cause mortality verified by clinical review, hospital record or death certificate.

The analysis showed that calcium supplementation with or without vitamin D does not increase coronary heart disease or all-cause mortality risk in older women.

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Remember When

Roosevelt Junior High School Class of 1935



Submitted by Adeline Ponte Tsimprea, second row, third from left (with sash).

City Makes Public Beaches, Parks and Zoo Smoke Free

In an effort to encourage residents and visitors to embrace healthy living, the City of New Bedford is posting new “smoke-free” signs at its beaches, parks, playgrounds, and zoo. The signage reflects the New Bedford Board of Health’s progressive no smoking regulations, some of the most precedent-setting in the Commonwealth. The regulations prohibit smoking in public places and include a ban on the use of nicotine delivery products such as e-cigarettes. The City’s new signs are intended to curb smoking and the production of harmful second-hand smoke which can lead to serious health conditions including cancer, asthma, respiratory

infections, and heart disease. Children are especially vulnerable to the harmful effects of second hand smoke. Cigarette butts are made of acetate and do not degrade easily in the environment. They are also a source of filth and can be dangerous if eaten by children, pets and wildlife. “Children exposed to second-hand smoke inhale many of the same cancer-causing substances as smokers. There is no safe level of exposure; even brief exposures can be harmful. Promoting an entirely smoke-free environment is necessary to protect both smokers and non-smokers alike,” said Brenda Weis, New Bedford Health Director.

Answers to Trivia Quiz

ALL of the answers are TRUE!

Local Seniors Invited to Take Part in Aging Study

Local adults 50 and older are invited to take part in a research study being conducted by the Gerontology Center at UMass Dartmouth. The focus of the study is how mental abilities change as we age, said Andrew Revell, Ph.D., director of the Gerontology Center at the university. Researchers are studying changes in lifelong mental ability. They are interested in talking with healthy English or Portuguese speaking elders without mental ability losses, or those who feel as though some of their abilities have changed. The interviews last about one and one-half hours. They can be held at the university or at a mutually agreeable location, such as Coastline in New Bedford. Individuals who take part in the study will be compensated.

If they are willing, a follow-up interview can be scheduled in a year. Dr. Revell says he hopes to submit the findings to the National Institutes of Health next year. No individual data would be revealed. Director of the Ora M. DeJesus Gerontology Center since 2010, Dr. Revell has been on the faculty at the university since 2007. He has had a strong interest in working with elders since he was a mental health counselor in Kansas during his college years, he said.

For information on the study or to schedule an appointment, call 508-910-6504 or email healthyaging@umassd.edu. You can also visit their Facebook page at facebook.com/umassdgerontology.

Thanks for “Chippin’ In”

“Thanks for Chippin In” was the theme for the luncheon held on Wednesday, April 9, during National Volunteer Week, at the Fairhaven Council on Aging. COA Director Anne Silvia thanked each volunteer individually and presented a mock check to Charley Murphy and Bob Espindola, members of the Fairhaven Select Board. The “check” for \$159,640 represented a savings to the town thanks to 199,159 volunteer hours contributed to the COA. Anne was presented with flowers as a ‘thank you’ for the



many hours she spends volunteering her time above and beyond her normal schedule. Honored guests at the luncheon included State Senator Mark Montigny and Representative Bill Straus.

Elder Affairs Secretary Visits Area



Donald Spooner talks with Secretary of Elder Affairs Ann Hartstein at the Fairhaven Senior Center during her visit to the area in April.

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